

75 Newport Dr.
Waterbury, CT 06705
March 20, 2013

Public Health Committee

HB 6645 ACC Compassionate Aid in Dying for Terminal Ill Patients to Allow a Physician to Prescribe Medication at the Request of Mentally Competent Patient that has a Terminal Illness that such Patient may Self-administer to Bring His or Her Death.

My name is Robert E. Muckle Sr. from Waterbury. My background is Natural Family Planning and Right to Life.

The point that I want to bring up is that the acceptance of this bill is just one more step down the Slippery Slope to a "Culture of Death" society.

After the Roe vs Wade decision of 1973 legalizing abortion on demand through 9 months of pregnancy, the prediction was that the next step would be euthanasia (Physician Assisted Suicide.)

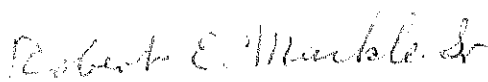
What we have to remember is that abortion was not the first step down the Slippery Slope, it was the second. Contraception was the first. In 1930 at the Lambeth Conference, the Anglican Church in England accepted, for the first time in 1900 years of Christianity that contraception would be allowed in certain "hard cases". One of their bishops, Charles Gore, commented that if they accepted contraception, eventually they would accept homosexuality.

In 1931, when the American Federation of Churches followed suit, the Washington Post editorially commented in the March 22nd edition; "Carried to its logical conclusion, the committees report, if carried into effect would sound the death knell of marriage as a holy institution by establishing degrading practices which would lead to indiscriminate immorality." ASSISTED SUICIDE!!!!

Everything went downhill since those two decisions. In 1965 it was the Griswold vs. Connecticut decision where Supreme Court justice Douglas found a penumbra (shadow) in the constitution for a "Right to Privacy" for a man and woman to contracept.

If the Anglicans and the American Federation of Churches stuck to their guns and condemned contraception, our world would not be in the mess we find ourselves in today. Because of continuing Judeo-Christian moral values, there would be no demand for the development of the Birth Control Pill that today, besides destroying family life, is polluting our water systems throughout the world, greatly reducing the number of male fish as compared to female fish, also reducing the immune systems of women by 72% and possibly the development of HIV-AIDS that started in Haiti before going to Africa and then the world. If we stuck to our Judeo - Christian values there would be no Newtown or Columbine and Gun Control would not be an issue today as it is.

With my comments I am enclosing three articles, one (A) is my comments that I wrote for a Stand up for Religious Freedom rally in October, (B) an article titled Discovering the Many Benefit of NFP and (C) The Tepeyac Family Center, Setting a new standard for ob/Gyns.


Robert E Muckle Sr.

(A)

75 Newport Dr.
Waterbury, CT 06705
October 16, 2012

Stand up for Religious Freedom

I was wondering if I might be able to make a few comments at the Stand up for Religious Freedom rally on October 20. This is what I would like to say.

With President Obama's Health and Human Services legislation forcing Catholic employers to pay for contraception, sterilization and abortion, which go against the teachings of their church, for their employees, I would like to make some comments.

My comments are on contraception. It seems that contraception in our society today is just taken for granted as accepted for all, by all. The birth control Pill being the most popular. There are many problems caused by the Pill that nobody seems to be aware of.

First of all, the Pill has about 400 times more estrogen in it as is normal in a woman's body. It is a synthetic estrogen that does not metabolize, break down. This estrogen goes through a woman's body and in most cases enters into our sewer system, through the filters and into rivers.

In a Denver Post 2005 article on a study of trout in the Colorado Bolder Creek, stated that normally the male/female was 1:1. 123 randomly caught trout on four fishing expeditions between 2002 and 2004, 101 were female, 12 male and 10 could not be decided. The study was done downstream of a local water treatment plant.

An American Life League article dated March 11, 2008 stated: Starlings – Part of brain that controls the bird's song grow much bigger. Female Finches sing like males, in past never sang. Male Roaches in rivers and streams producing eggs in Britain. Average man will be unable to father children within decades.

The Couple to Couple League magazine Family Foundations September/October edition article stated "Great Britain is debating a more than \$45 billion bill to clean up river, streams, and drinking water supplies after contamination from synthetic hormones from contraceptive pills has been linked to damage in the fish populations.

"Water and pharmaceutical companies dispute the science involved and argue the costs to upgrade the sewage networks are prohibitive. Yet man environmental researchers say the proposal is sound. Ethinylestradiol (EE2), the main active ingredient of contraceptive pills, can trigger a condition known as intersex in freshwater fish, which has caused significant drops in populations in many species. While no link to human health has been established, 'that does not mean we will not find impacts in future,' said toxicologist Professor Richard Owen of Exter University. Do we want to wait until we see effects in humans, as we did with thalidomide and BSE, or do we act before harm is done?"

Natural family planning (NFP) is the most effective method of family planning. In the 1993 British Medical Journal there was a report of Mother Teresa's study in India where 19,887 participated. The pregnancy rate was 0.02 pregnancies per 100 women years. The participants were Hindus, Moslems and Christians. There has never been a study that comes close to this. (British Medical Journal, September 18, 1993, v307_6906 page 723 (4)).

I live in Waterbury. There is a Waterbury-New Haven link on the contraception issue. In 1939 when the Birth Control League of Connecticut opened its 9th illegal Birth Control clinic in Waterbury, the Waterbury Democrat newspaper reported on it on their Front Page that June. On the following Saturday many of the Catholic priests gathered in the rectory of the Immaculate Conception Church. They wrote up a statement that was read in all of the area churches the following day stating that an illegal birth control clinic was operating in Waterbury. That our city officials should do all they can do to close it. The following week the City Prosecutor went to the City Judge and asked permission to raid the illegal clinic. Permission was given. On June 19 the clinic was raided and closed. When it went to court, the defendant was found innocent. The Prosecutor brought the case to the State Supreme Court. Because of their 3 to 2 decision in favor of the prosecution, The Birth Control League of Connecticut closed down the remaining 8 clinics in the State.

Estelle Griswold, executive director of Planned Parenthood, and Dr. Lee Buxton of Yale University were arrested for opening an illegal birth control clinic in the early 60s and were fined \$100. They brought the case to the Supreme Court. On June 7, 1965 the Supreme Court decision titled Griswold vs. Connecticut overturned the Connecticut law. The term 'Right to Privacy' was used for the first time, which means that they found a penumbra (shadow) in the constitution to make contraception legal. The term 'Right to Privacy' was also used in the Roe vs. Wade abortion decision in 1973.

Forty seven years ago (1965) my wife and I went from Waterbury to New Haven to take instructions on Natural Family Planning (NFP), to become a teaching couple of the Sympto-thermal method of NFP for the Natural Family Planning Association of Connecticut. We taught this method for over 20 years on a couple to couple basis to married and engaged couples and lived in total knowledge of her fertility during those years. This was a tremendous freedom, one that a contracepting couple would never realize. The divorce rate of NFP couples is 2%. When the Pill came on the market in 1965 the divorce rate in our country was 25%. Within 10 years it went up to 50% according to Janet Smith PhD in her CD titled "Contraception – Why Not?" in 1994.

All of Christendom condemned contraception until 1930 at the Anglican Lambeth conference in England when they stated that contraception would be acceptable in certain hard cases. Anglican Archbishop Charles Gore, who voted against the decree, stated that the acceptance of contraception would eventually lead to the acceptance of homosexuality.

In 1931, when the American Federation of Churches followed suit on contraception, the March 22 editorial of the Washington Post stated, "Carried to its logical conclusion, the committee's report, if carried into effect, would sound the death knell of marriage as a holy institution by establishing degrading practices which would lead to indiscriminate immorality. To say that the use of legal contraception would be careful and restrained is preposterous."

It's up to our religious leaders to bring us back to where we were before 1930. Through the acceptance of contraception, many graces are lost. In our secular society today our clergy have become very weak. They have lost their clout and President Obama is taking advantage of them. This is why he came out with his HHS plan. If they were united on life issues, he would never dare to do what he did. As the late Father Paul Marx always stated, "Every nation that accepted contraception eventually legalized abortion."

Bob Muckle

Discovering The Many Benefits Of NFP

By Nick and
Monica Warren

Many married couples are discovering the benefits of Natural Family Planning and making the switch from chemical contraceptives. That change has made a surprising impact on our marriage.

When we were first married, we started using the birth control pill to manage our fertility. At the time, we were unclear on the Church's teaching on contraceptives. Like many modern couples, we wanted a proven way to plan the timing and size of our family. We were advised by our Ob-Gyn that Monica would benefit from the pill since she had a history of endometriosis.

Misconceptions

Even though we were told about NFP before during Engaged Encounter, we chose not to use it. NFP looked too difficult to learn, too complex for us, and we feared it would interfere with the spontaneity of our love life. Plus it didn't seem current or relevant to us, a modern-day Catholic couple.

We were also concerned about NFP's effectiveness – even though we didn't actually know the actual statistics. We didn't spend any time seriously considering or prayer about how to manage our fertility and just slid into using the pill.

The side effects of the pill slowly started to impact our marriage. The source of these side effects wasn't obvious at first. Monica felt low libido and intimacy was sometimes painful due to personal dryness. Nick felt awkward when asked for



Nick and Monica Warren, pictured with their children, were unclear about Church teaching on birth control when they were first married but then found *Humane Vitae* online. Photo by Jim Olivera

intimacy. We felt the romance slowing going away. These were actually the side effects of our contraceptive choice.

Like many people our age, we were and still are health conscience; we try to exercise regularly and eat well. We buy organic milk and yogurt. Yet despite trying to keep artificial growth hormones and antibiotics out of our diet, we were accepting that we would put artificial hormones into Monica's body for the next 25 years via a pill. That made no sense to us.

AFTER being married for two years, we were ready to have children. We went off the pill and got pregnant. Because we wanted to space our children a year and a half apart, we didn't go back on the pill in between each pregnancy. We had our three children over a five-year period.

After our third child was born, we decided we wanted a more permanent method to control our family size. We started to research different methods to handle our fertility and started to earnestly pray for God's guidance in the matter. Nick found information about various contraceptives, their effectiveness, side effects and the merits of each. We've found over the years that this is a normal decision point reached by couples.

NFP awareness

Google led us to *Humanae Vitae* ("Of Human Life"), Pope Paul VI's 1968 encyclical that contains the Catholic Church's official position on contraceptives. It explains why NFP is important and discusses the benefits to married couples. We realized those benefits were miss-

Discovering The Many Benefits Of NFP

Continued from page 32

ing in our marriage. *Humanae Vitae* also clearly states that using NFP is the only family planning method that is morally accepted by the Catholic Church.

After reading *Humanae Vitae* and praying, we knew it was God's intention for us to use NFP. This was not easy for us to accept at first. It was out of obedience to the Catholic Church that we initially decided to use NFP.

We found a local NFP class and attended. The NFP method being taught was the Sympto-Thermal Method, one of three methods actively taught in our community. It was simple and we came to understand it quickly. By the third class, we felt confident using the method.

Supportive community

We also discovered there was a large NFP community right in our own parish. Many of our friends were using NFP and we didn't even know it.

According to Dr. Mike Manhart, the executive director of the Couple to Couple League, which offers NFP training to married couples worldwide through local certified NFP instructors, "We have seen a nearly 20 percent growth in the number of couples taught in the last year."

It became simple to incorporate NFP into our lives after we started to use it. The benefits were almost immediate. Within a month we started to have more desire to be intimate more often.

Intimacy was also more enjoyable. Monica started being more responsive, and she is "in the mood" more often as compared with when she was on the pill.

Far-reaching benefits

Thanks to ongoing charting, we also started to see patterns in Monica's cycle that led us to understand that she had a micronutrient deficiency. By adding a few simple foods to her diet, we were able to alleviate these deficiencies, which made her cycle healthier.

We can see in the carts when Monica is sick – sometimes Nick can tell before Monica even realizes it.

Another benefit we experienced when using NFP is that a romantic spark returned to our love life. This is because we abstain during the times that Monica is fertile. NFP doesn't say when you can and can't be intimate with your spouse – it's just awareness of when the woman is fertile by watching the natural fertility indicators of her body. If a couple chooses to be intimate during the time that the woman is fertile, they are saying they are open to achieving pregnancy, and they may conceive. If they abstain during the fertile time and are intimate only in the infertile times, they won't get pregnant (with 99.6 percent effectiveness). For us, this means we abstain about 10-12 days in a typical cycle.

Reviving romance

We were surprised to discover

that abstinence actually improves our love life and even increases how often we are intimate. Our time of abstinence is a time of buildup in anticipation for the

Please turn to page 35

Discover...

What every couple
needs to know...

What every woman
has a right to know...



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www.fertilitycare.org

Also see:

American Academy of FertilityCare
Professionals
www.aafcp.org

2005, Pope Paul VI Institute Press
Omaha, Nebraska

6901 Mercy Rd., Omaha, NE 68106
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Benefits Of NFP

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night that is coming when we are infertile again. Both of us know when this is coming a few days in advance. We flirt during that buildup time in anticipation, which brings a spark of romance. It's like we get to experience each month what it was like our wedding night.

We are surprised when other couples tell us that intimacy and romance have faded in their marriage, because for us it has been the opposite experience.

NFP also opened new channels of communication between us. We talk more about intimacy and our marriage more than we did when we were using a contraceptive. NFP has given us a reason to touch base with each other every month to see how the other is doing and do we want to consider having more kids. So far neither of us has wanted to have more children at the same time. Nothing else has encouraged as much communication in our marriage like NFP.

We were so surprised about the changes that NFP brought to our marriage that we decided to get certified to teach the Sympto-Thermal Method, so we could influence other young couples.

We feel NFP is one of the best kept secrets of the Catholic Church. It's no wonder more people are discovering and using NFP in their marriage.

Nick and Monica Warren are certified Sympto-Thermal Method instructors for the Couple to Couple League and live in Austin, Texas, with their three children. They have been married 13 years.

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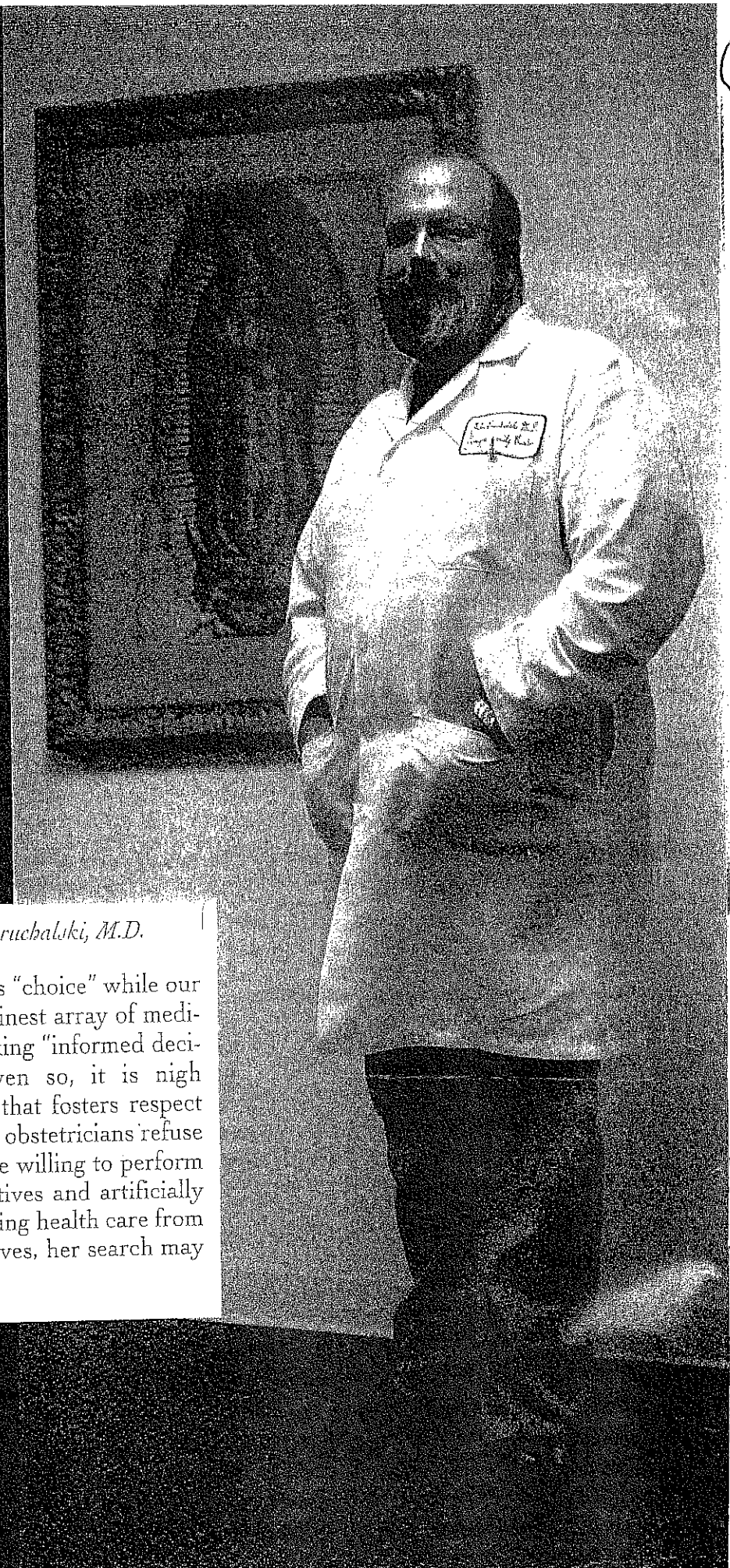
The Tepeyac Family Center

Setting a new
standard for
Ob/Gyns

By Anna Hatke

Featuring an Interview with Dr. John Bruchalski, M.D.

We live in a culture that champions "choice" while our scientific institutions produce the finest array of medical personnel to aid women in making "informed decisions" regarding pregnancy. Even so, it is nigh impossible to find obstetrics care that fosters respect for life in all its stages. While some obstetricians refuse to perform abortions, many still are willing to perform sterilizations, distribute contraceptives and artificially create embryos. For a woman seeking health care from pro-life doctors, nurses and midwives, her search may seem in vain.





Dr. Bruchalski teaches "Mucus Madness," a monthly class on natural family planning (NFP) that is open to the public.

Finding an oasis

However, several years ago, when I was pregnant with my first daughter, I discovered Tepeyac Family Center, an unequivocally pro-life, full service obstetrics clinic in northern Virginia. Its mission statement is a breath of fresh air amidst the wasteland of modern obstetrics:

Our Mission is the restoration of the integration of the human person by combining the best of modern medicine with the healing presence of Jesus Christ. All people are welcome here.

Patients are always treated as individuals with bodies, souls and spirits. The fostering of families is integral to the treatment of patients, because one builds on the other and this is healthy for society.

Fertility is cooperated with because it is viewed as a natural, healthy function and not a disease to be repressed. Women are educated about the language of their bodies. Children are gifts, and therefore joys, not burdens.

Tepeyac Family Center's special charism is its dedication to the poor, underprivileged and those who are experiencing crisis pregnancies—these patients are "especially welcomed." The center strives to be an instrument of the healing power of God's mercy and love, in order that a deeper respect for all human life may be nurtured.

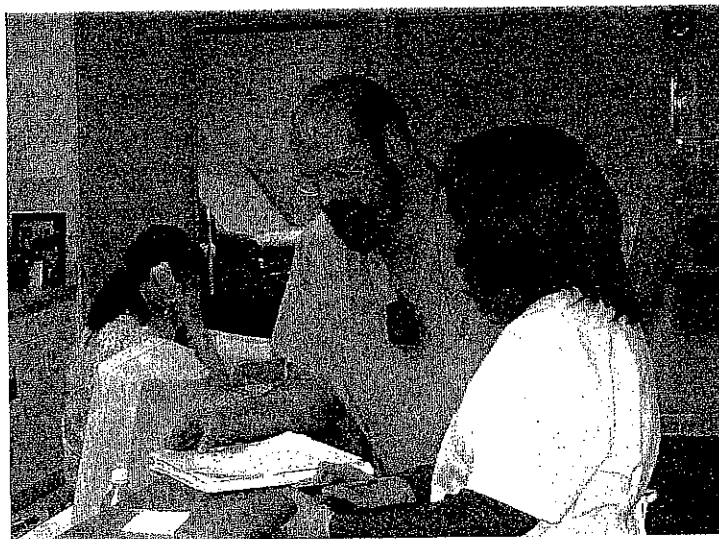
In a recent interview with Tepeyac's founder, Dr. John Bruchalski told me both his and

the Tepeyac Family Center's story. We met in the Labor and Delivery ward of Fair Oaks hospital, where he ushered me into an unoccupied delivery room. Once inside the dim delivery room, Dr. Bruchalski, with his open and friendly manner, unraveled his amazing history and the latest news about Tepeyac's ongoing mission.

The founder

John Bruchalski was raised in northern New Jersey and attended medical school at the University of South Alabama College of Medicine. Although he was always drawn to medicine as a means of helping people, medical school instilled in him that his duty was to help women "overcome the burdens of fertility."

Later on, at the Eastern Virginia Medical Center and the Jones Institute for Reproductive Medicine in Norfolk, Va., a major contraceptive resource center, Dr. Bruchalski witnessed up close what this really entailed. "There I saw first-hand the horrors of the contraceptive mentality, whether



Dr. Bruchalski and one of the center's nurses review a patient profile.

it was broken relationships, sleeping with multiple people, ectopic pregnancies, abortions, STDs, chlamydia or HIV. It was all because of this 'I can have sex without babies' attitude," Bruchalski said.

After several years of performing abortions, sterilizations and distributing contraceptives, Bruchalski felt that he was called to "a higher standard." The seeds of his conversion were planted in 1987 while on a trip to the shrine of Our Lady of Guadalupe in Mexico. Dr. Bruchalski recalls, "I thought I felt something internally that said, 'Why are you hurting me?'" This incident made a serious impression, and further reflection made it clear to Bruchalski that he was to cease working for the Culture of Death.

Over the course of nine months, he slowly stopped performing abortions, then later ceased sterilizing his patients and stopped distributing contraceptives and prescribing pills. By the end of 1991, Bruchalski had decreased the amount of abortions performed in the hospital where

he was the resident doctor by 90 percent. Soon afterward, he moved to a pro-life practice in Silver Spring, Md., though he was still living in Virginia.

Finally, motivated by a desire to help women in crisis pregnancies, and those in Northern Virginia, he opened up the Tepeyac Family Center in February of 1994. Bruchalski now wanted to aid women in cherishing and respecting their fertility rather than viewing it as a burden to be overcome and suppressed.

The center is named after the mountain in Mexico where the Blessed Virgin Mary appeared to Juan Diego as a pregnant Aztec maiden. "The name 'Tepeyac' was chosen," Bruchalski says, "to be a constant reminder of why I am doing this, because the pressures are always there."

Serving Christ in others

Tepeyac serves a broad spectrum of society with an equally broad array of health services. Twenty-one percent of its patients are well under the poverty line and receive



Two of Tepeyac's nurses pray in a sequestered chapel at the center.

care with little or no charge. Services in the clinic range from general obstetrics, natural childbirth, breastfeeding and natural family planning, to tubal reanastomosis (reversal of tubal ligation), infertility treatment and healing prayer.

"It is imperative that the patient be treated as a body, soul and spirit, nothing less," says Bruchalski. This personalistic approach to obstetric care draws him to care especially for victims of dehumanization and women in crisis pregnancy. Now he feels the situation for these women has become much worse: "Many crisis pregnancy centers are being challenged with lawsuits. Yes, we have better technology with 4D sonograms, but the reality is that most people would rather have an abortion than give the baby up for adoption. That's the most common thing we see here. Therefore, I feel that the language and the rationale is very much entrenched in our society. But just like communism fell from within, I think that this anti-life Culture of Death will also fall from within."

"People keep looking to the

Why Tepeyac?

The Tepeyac Family Center is named for a hill outside Mexico City, where, over 460 years ago, an Aztec Indian named Juan Diego was stopped by a woman identifying herself as the ever virgin Mary, Mother of the true God who gives life and maintains it. She asked Juan to tell the local bishop that she desired a church built on Tepeyac Hill, which had once been the site of an Aztec temple, where thousands of humans were sacrificed.

On December 12, 1531, the Blessed Virgin Mary directed Juan to cut a group of Castilian roses growing on Tepeyac Hill. She arranged the roses in Juan's tilma, or cloak, prior to his visit to the bishop. When Juan arrived, the roses fell to the ground in the bishop's presence, revealing an image left on the inside of Juan's tilma—a heavenly portrait of the Mother of God with beautiful and delicate Indian features. This image, commonly referred to as the "Guadalupe Image," is now enshrined at the basilica of Guadalupe on Tepeyac Hill.

The name "Tepeyac" reminds us continually that Jesus Christ wants to give us His abundant life in body, soul and spirit, and that Mary, as mother of Jesus, wants to tell us how thoroughly and totally her Son's love heals.

courts and the president to make the changes," Bruchalski continues, "and I don't think that the answer is political, although it certainly has that end. I think prayer and fasting are the only way that we are ever going to change things. If you want physicians in your area to change, pray and fast for them specifically. Obviously there has to be some activist and political ends, but in reality it is the prayer and fasting."

Weathering the storm

The Tepeyac Family Center has certainly been an example of what a difference even one pro-life clinic can make. The center has continued to expand. In 1997, Dr. Marie Anderson joined the clinic, and more recently the practice has been joined by Drs. Daniel Fisk and Joylin S. Martin.

However, in January of 2004, the center faced one of its greatest challenges thus far: coupled with the addition of two more physicians to the clinic, the malpractice

insurance premiums for the clinic were raised from \$30,000 to \$95,000 dollars per year per doctor. The center's physicians had no pending cases against them, nor had they ever lost a malpractice suit; nevertheless, the malpractice premiums were tripled. This meant that the clinic needed to raise over \$400,000 just to keep the doors open. "There was a huge miracle in the office the first week of January. From December 29 through January 2, four e-mails went out through four friends who took it upon themselves to spread the message, and we sat in the office and received Visa and MasterCard payments. We raised over \$200,000 in a week. This was all tithed. This is how severe it is."

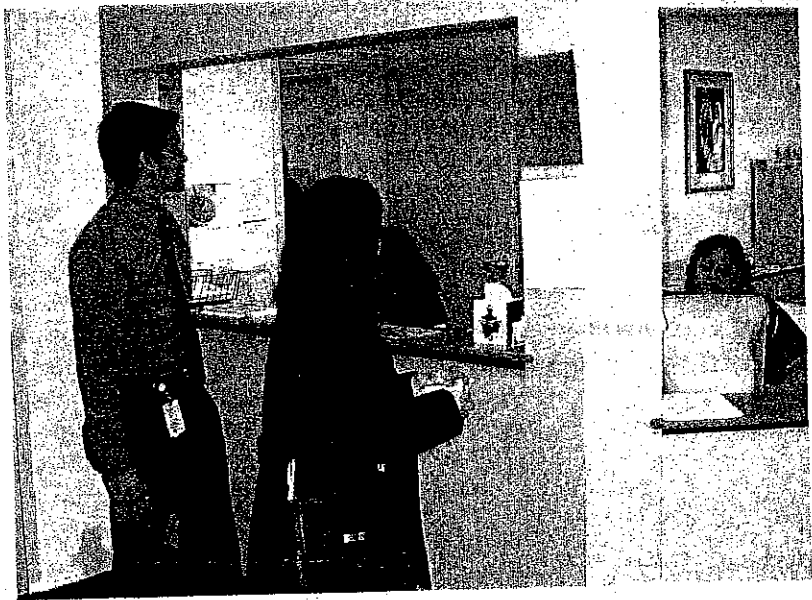
The malpractice premiums crisis has made Dr. Bruchalski and his affiliates decide to go non-profit in the near future, starting an umbrella organization called "Divine Mercy Care" so that they might continue their work with those below the poverty line. While Tepeyac will continue to offer obstetric care to women of all income brackets, Divine Mercy Care will broaden to offer more pro-life services to the poor. "This

organization will be here to create a Culture of Life in Virginia and hopefully throughout the country. We will actively seek to acquire maternity homes and build elderly care facilities throughout the area while supporting other Culture of Life causes," says Bruchalski.

Bruchalski hopes to bring under this umbrella several pro-life apostalates, keeping at the forefront his dedication to work with the underprivileged in society. "People who mix faith and medicine are frowned upon for not offering the 'full range of reproductive services.' And yet, I know this is where the Lord has us, because we are in the vineyard. And if you stick to serving the poor and serving women in crisis pregnancies—if you do that—God will honor you. Period."

For more information on the Tepeyac Family Center, please call (703) 273-9440, or write Tepeyac Family Center, 11135 Lee Highway, Fairfax, VA 22030, or visit its website at www.tepeyac-familycenter.com.

Anna Hatke is a freelance writer from Front Royal, Va.



Participants of the "Mucus Madness" seminar smile as they prepare to leave.



Tepeyac keeps its doors open to those in need. Here, someone is getting prepped for a blood test.